

AIDS INFO



AIDS INFORMATION FOR YOUNG ADULTS

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Ministry of Health

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Zambia

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COMMUNITY HEALTH CELL

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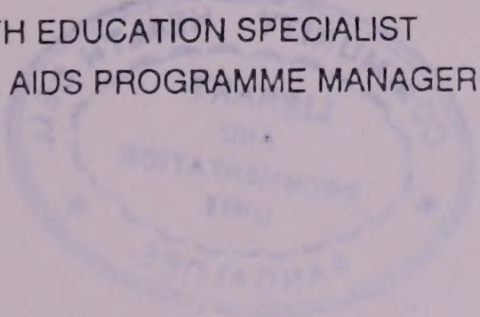
INTRODUCTION

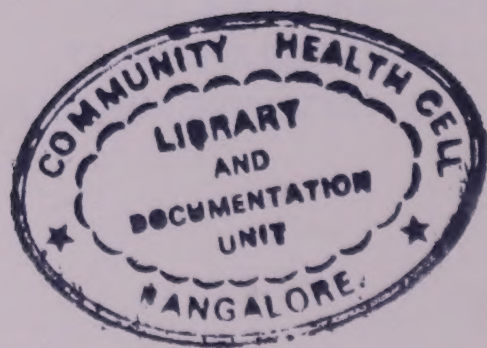
This booklet is intended for young people in all post secondary educational and training institutions in Zambia. It contains vital information for you and your friends. In it we explain what AIDS is, how the infection spreads from one person to another, and how it can be prevented.

This disease is threatening the world. Unless you take it seriously and make sure you protect yourself, you could be at risk. Many people in Zambia are already infected or ill with AIDS. But you can keep yourself completely safe by changing your sexual behaviour, (and avoiding dirty blades and needles and untested blood transfusions.)

Please read the whole booklet carefully and ask a health worker or counsellor, or write to the Health Education Unit P.O. Box 30205, Lusaka or an AIDS education project if you have any questions. We are ready to help you understand AIDS. Your future could depend on it! Now read on.

Dr. B.U. Chirwa M.B. Ch.B., M.P.H.
HEALTH EDUCATION SPECIALIST
NATIONAL AIDS PROGRAMME MANAGER





FOR ADDITIONAL INFORMATION OR
EXTRA COPIES CONTACT THE HEALTH
EDUCATION UNIT, MINISTRY OF HEALTH,
P.O. BOX 30205, LUSAKA, ZAMBIA

OR

THE ANTI-AIDS PROJECT, P/BAG RW 75X,
LUSAKA, ZAMBIA

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COMMUNITY HEALTH CELLS
326, V Main, I Block
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Bangalore-560034
India

FOREWORD

A lot has been said, but very little done to safeguard ourselves against the dreaded disease AIDS. We can no longer just talk, talk and talk about AIDS but the time has come when we must act. However, we cannot act unless we have knowledge about various aspects concerning AIDS simply presented. This pamphlet contains the much needed information with which we can be armed as young adults, especially those in our higher institutions, to fight against AIDS.

I, therefore, whole heartedly recommend this booklet to all those young adults who want to know the salient points about AIDS and how to prevent it from becoming a scourge of our nation.

C.F. Chiyenu B.A. with education (UNZA), M.Ed. (Bristol)

Deputy Permanent Secretary

for/ACTING PERMANENT SECRETARY

MINISTRY OF HIGHER EDUCATION, SCIENCE AND TECHNOLOGY

1907

The first of the year was a very successful one. The weather was very good and the people were very happy. The children were very active and the adults were very kind. The day was very pleasant and the people were very friendly. The weather was very good and the people were very happy. The children were very active and the adults were very kind. The day was very pleasant and the people were very friendly.

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HOW MUCH DO YOU KNOW ABOUT AIDS?

Test yourself before and after reading the booklet.

1. What do the initials AIDS stand for?
2. AIDS is caused by a virus, that is a small germ. True/False
3. There is a cure or a vaccine for AIDS. True/False
4. The infection is usually caught by having sex with someone who is infected. True/False
5. People who are infected and can infect others, may seem to be perfectly healthy. True/False
6. I could easily get infected if I slept with prostitutes or sugar daddies. True/False
7. I will be completely safe from getting infected through sex if I only have sex with a few girlfriends or boyfriends. True/False
8. To protect myself completely from getting the infection through sex I should have sex with only one faithful woman/man for life. True/False
9. I could get infected by shaking hands or using the same toilet as someone who is infected. True/False
10. People who are infected should never have children. True/False

The answers are on the back page



AIDS KILLS - DO NOT DIE OF IGNORANCE

AIDS is a new disease which is spreading rapidly in Zambia, and worldwide, mostly by sex. It could ruin your life by preventing you from marrying, having a family, or keeping a job, and eventually could kill you prematurely. PLEASE read this booklet carefully and discuss it with your friends and relatives - knowing about AIDS and how it spreads will help you to protect yourself against this terrible disease.



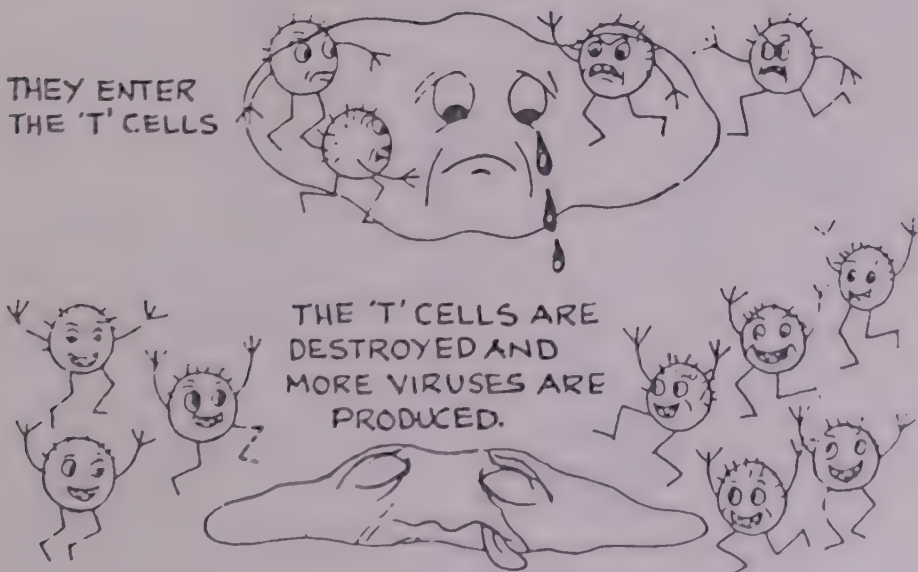
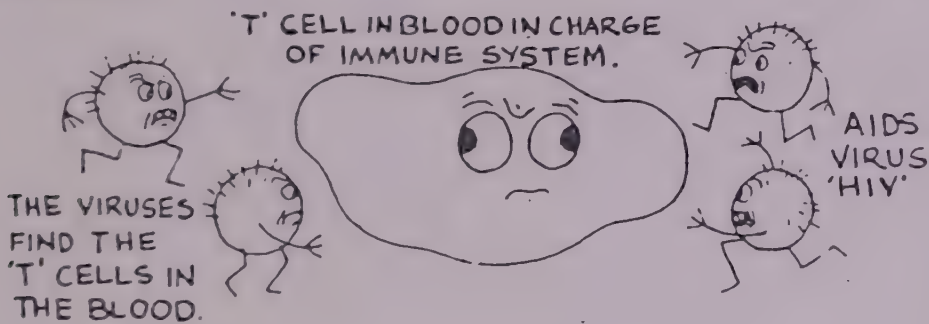
WHAT IS AIDS?

AIDS stands for ACQUIRED IMMUNE DEFICIENCY SYNDROME. It is caused by a virus, a very small germ. No one knows for sure where it started. The first cases were diagnosed in America in 1981 but the virus was spreading through the world in the 1970's. The disease has now been found in most countries in the world and is spreading rapidly. The virus which causes AIDS is called 'HIV', Human Immunodeficiency Virus.

AIDS is called 'Acquired' because it is always caught (acquired) from someone else.

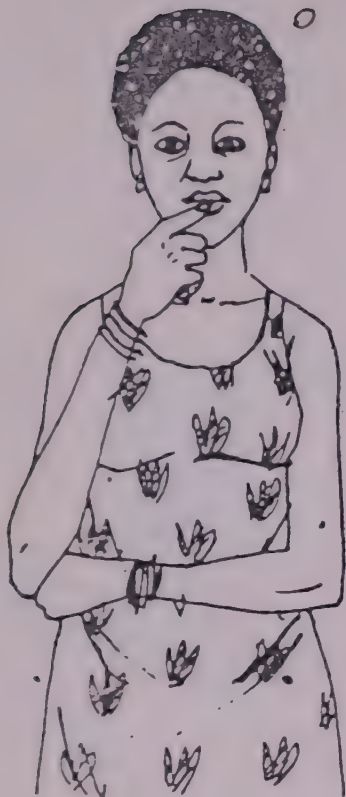
'Immune Deficiency' because the virus attacks the immune system, the body's protection against disease, and makes it 'deficient' meaning that it does not work properly.

'Syndrome' because the disease can cause many different medical problems to occur.

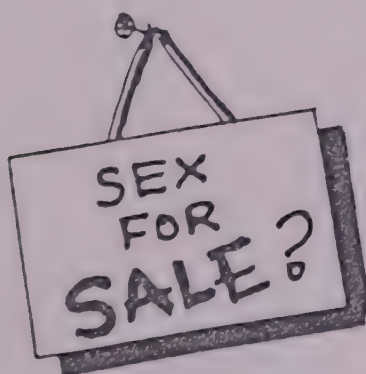




HOW COULD I BE INFECTED WITH HIV?



AIDS is mostly a SEXUALLY TRANSMITTED DISEASE (STD). You could get infected with HIV if you have sex with an infected man or woman. This person will probably look perfectly healthy and may not even know that he or she is infected. If you sleep with a prostitute or a man who has already had many sexual partners or if you sleep with many different partners yourself, you have a HIGH chance of getting infected. You might, however, get infected the very first time you have sex, if your partner is carrying the infection. Any kind of sex can spread the infection. If you remain uninfected until you marry an uninfected partner, and both of you are faithful after marriage, you will be SAFE from catching the infection by sex.



AIDS IS THE
PRICE!

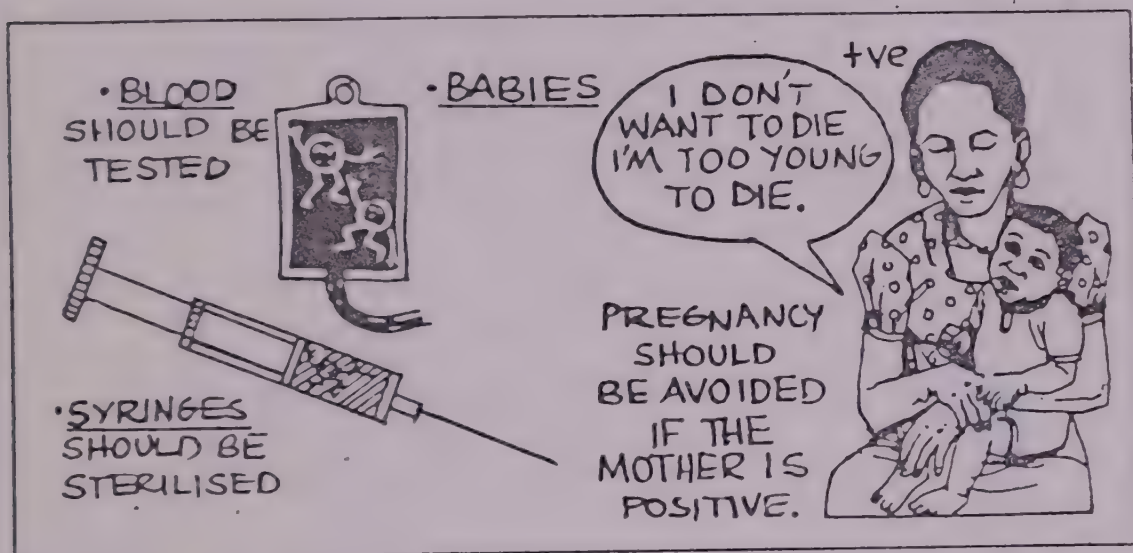


I THINK
I'LL TAKE UP
FARMING—
IT'S SAFER

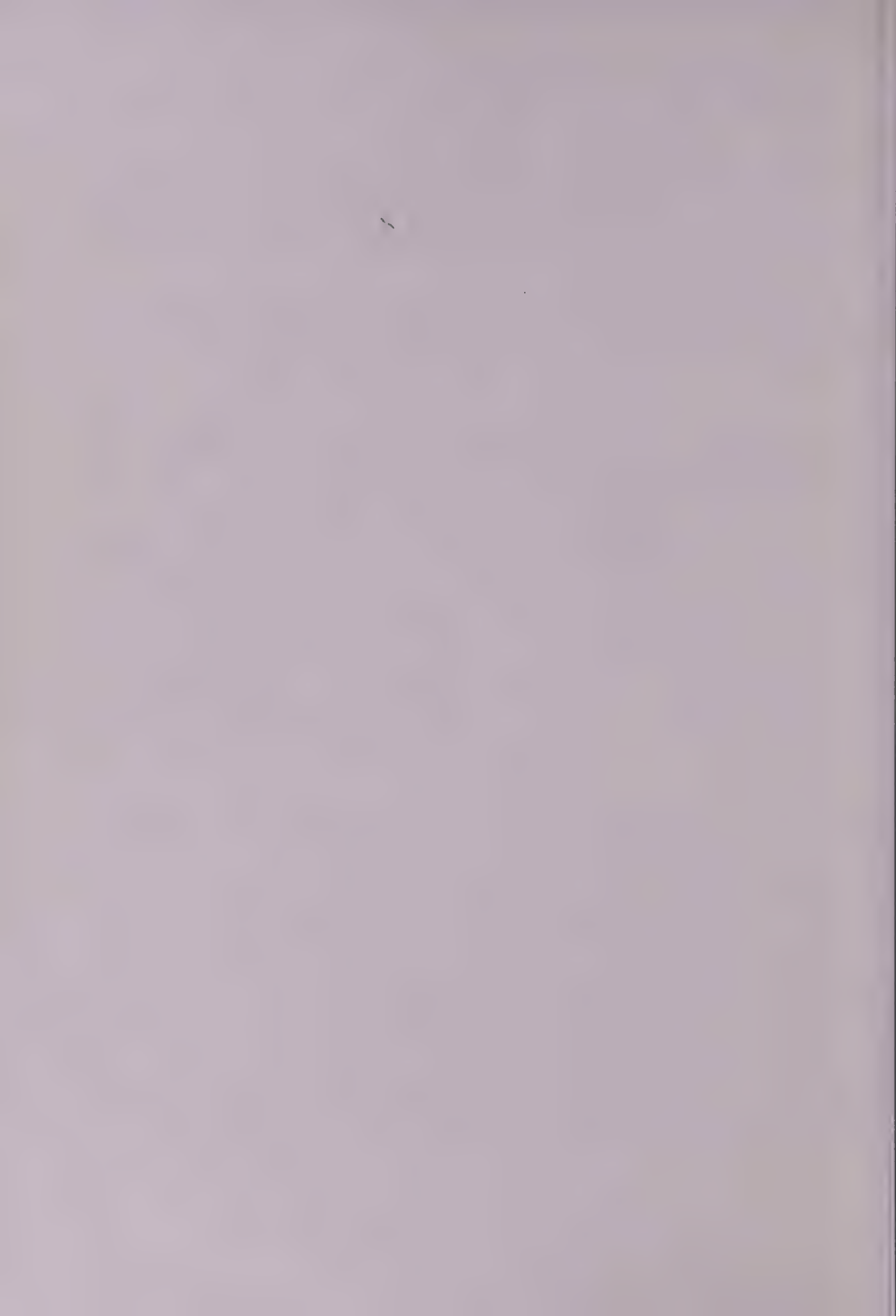
HOW ELSE DOES AIDS SPREAD?

The HIV infection can also spread in other ways. BLOOD donated by someone infected with HIV contains the virus and can infect the person who receives the blood. This is why all blood given in Zambia should be tested and not used if it is infected, and anyone who thinks they could be infected should not give blood.

BABIES can be born infected if their mothers are infected. It seems that up to half of the babies born to infected mothers are infected. Many of these will become very ill and die of AIDS before their second birthday.



Other possible ways by which the HIV infection could be spread include accidental injections of infected blood from dirty SYRINGES and NEEDLES. Ordinary sterilisation kills the virus and all syringes, needles and instruments that pierce the skin should be new or sterilised. Traditional medicine where small cuts are made in the skin, earpiercing and tattooing could possibly spread the virus; great care should be taken that new or sterilised BLADES or needles are used every time. Brushing the teeth can make the gums bleed and it is better not to share your toothbrush with anyone else. Drug addicts who inject drugs into themselves with dirty needles and syringes already used by other people are at high risk. It is possible that intimate kissing with exchange of saliva might spread the infection especially if there are bleeding sores in the mouth, but this is a very small risk. No one is known to have caught the infection by kissing.

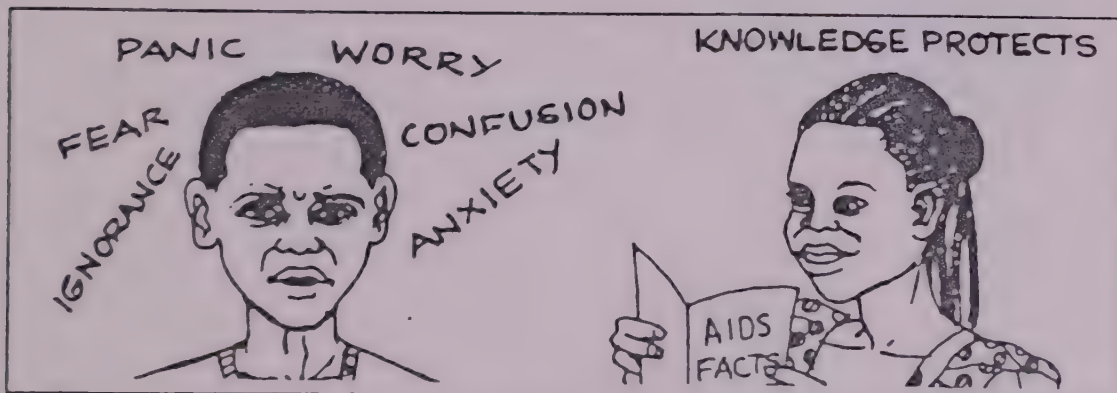


Remember - the commonest way in which people in Zambia get infected with HIV is by having sex with someone who looks and feels perfectly healthy but who is in fact infected with the virus (that is a 'carrier').

WHAT IS SAFE?

Many young people are worried that they might be infected with the AIDS virus (HIV) accidentally. Most of their worries are not necessary.

You CANNOT be infected by normal social contact with someone who is carrying the infection, e.g. working together, living in the same house, shaking hands, sharing cups and plates, using the same toilet or bath, talking, sneezing and coughing. You cannot be infected by wearing salaula (second-hand clothes) or swimming in a pool or river. You cannot be infected by "dry" kissing (on the skin or lips) - but make sure this does not lead to sex!



You CANNOT be infected by an injection with a new or sterilised needle and syringe. Donating (giving) blood is safe as new or sterile equipment is always used. You cannot be infected at the hair dressers or barbers (there might be a very small risk, if the barber cuts your skin with a razor dripping with infected blood! This is most unlikely and in any case barbers are very careful now to clean their equipment between customers.) 'Wet looks' and other hair treatments are safe.

You CANNOT be infected with HIV by an insect bite. Mosquitoes and other insects do NOT spread the AIDS virus, even after biting someone who is infected. The virus is destroyed in the insect's stomach and does not travel to the salivary glands, so it cannot be injected into someone else.



You cannot be infected by eating contaminated food or water. People who are infected are not bewitched and the disease is not caused or spread by witchcraft.

Finally once you get married to a faithful, healthy, uninfected partner, sex within marriage is SAFE.



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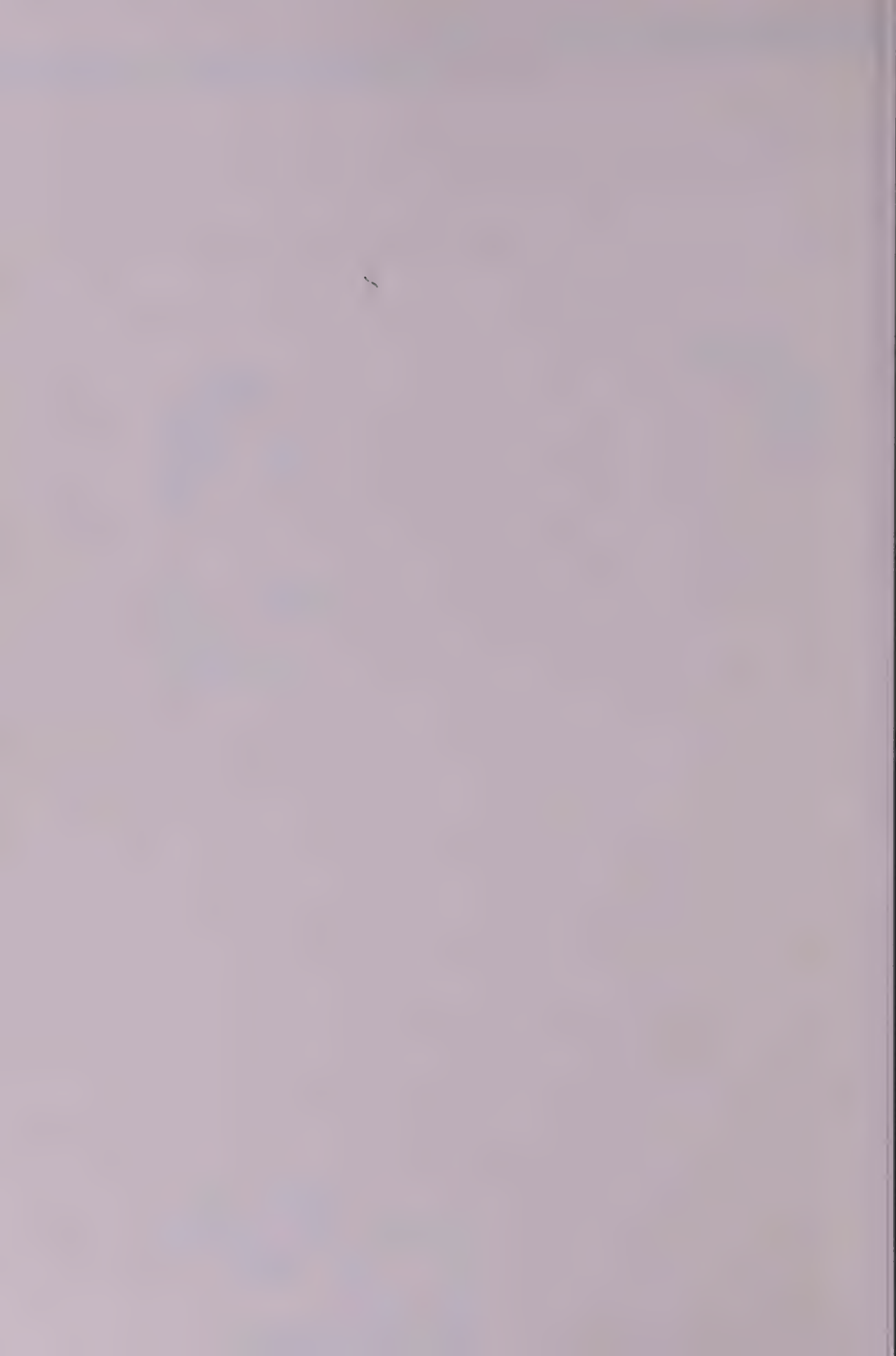
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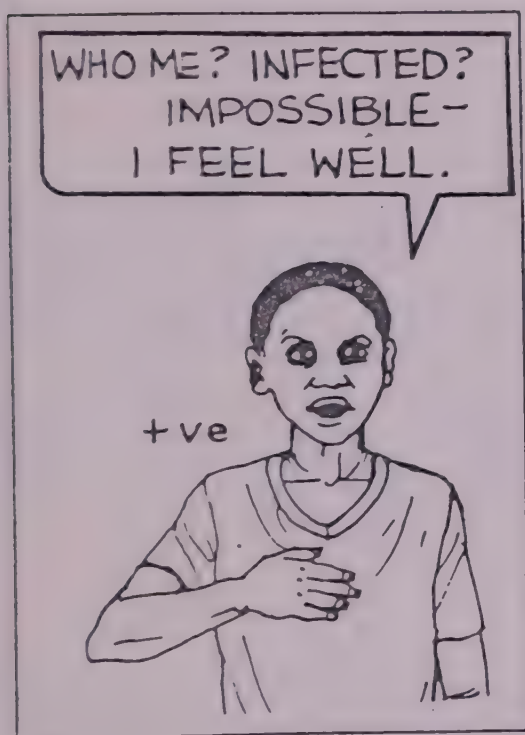
India



WHAT WILL HAPPEN IF I GET INFECTED?

You may feel and look well for several years after getting infected. But all the time the HIV is in your blood and you could infect other people by having sex with them or donating blood, even before your own blood test becomes positive for HIV antibodies.

CASUAL SEX NOW, AIDS LATER, THEN EARLY DEATH. IT'S NOT WORTH THE RISK!



A few weeks or months after infection, you may have a very mild illness as your body begins to try to fight the virus by making chemicals called 'antibodies'. These antibodies can be detected by a special blood test called the HIV antibody test. A positive result means that the virus is already in your body and may later make you ill with AIDS. The tests used these days are very accurate and reliable. The antibodies are useful because they tell us that the virus is there, but they do not succeed in destroying it. They have nothing to do with blood groups (for instance A,B,AB,O or rhesus positive or negative).

Gradually, after some time lying 'hidden' in the body, the virus starts to damage your immune system which should protect you against infections and cancers. You may first develop problems such as swelling of the glands or 'lymph nodes', around the neck, in the armpits and in the groin. This is called 'persistent generalised lymphadenopathy' or 'PGL'. The glands are sometimes slightly painful and may vary in size as time goes on.

Later you may develop mild prolonged fever and sweating especially at night, mild prolonged diarrhoea, and/or a prolonged cough (lasting more



an two months). You may feel ill and tired and lose weight. You may develop sores in the mouth or skin rashes. This is the 'AIDS Related Complex' or 'ARC'.

It is important to remember that any of the symptoms of PGL or ARC may have OTHER, COMMON, TREATABLE CAUSES. If you feel ill, go and see a doctor or health worker. If you are worried about AIDS try to discuss your worries with a trained AIDS counsellor. Above all, from now on, don't risk your health-don't put yourself in danger from HIV.

AIDS-IS IT WORTH THE RISK?



After some time you may develop the 'full blown' AIDS disease itself. This means that the virus has destroyed your immune system leaving you unprotected against infections and cancers. You may develop serious infections of the lungs, brain, skin, eyes, mouth or intestines, or wide-spread cancer. Some of these infections and cancers can

be treated, but the AIDS disease itself cannot be cured. Very few people with full blown AIDS live longer than 2 years.

The World Health Organisation estimates that within 5 years of being infected with HIV, 20-30% of people will have developed AIDS and another 25% will experience symptoms related to the infection (PGL or ARC). An unknown percentage will have developed brain disease. So 5 years after being infected, up to 45-60% of people with HIV will still be healthy carriers, leading the infection to others if they have sex with them or give blood. They may later also start to get ill.



If you are infected, and then you have sex with someone, you are likely to infect them. If a girl or woman is infected she will be advised NEVER to have children. This is because she may become ill with AIDS faster if she gets pregnant, and also because of the very high risk of passing the infection on to her baby - up to half of the babies born to infected mothers are themselves infected. If a man is infected he will be advised to use condoms and NEVER to make anyone pregnant as he is likely to infect them.

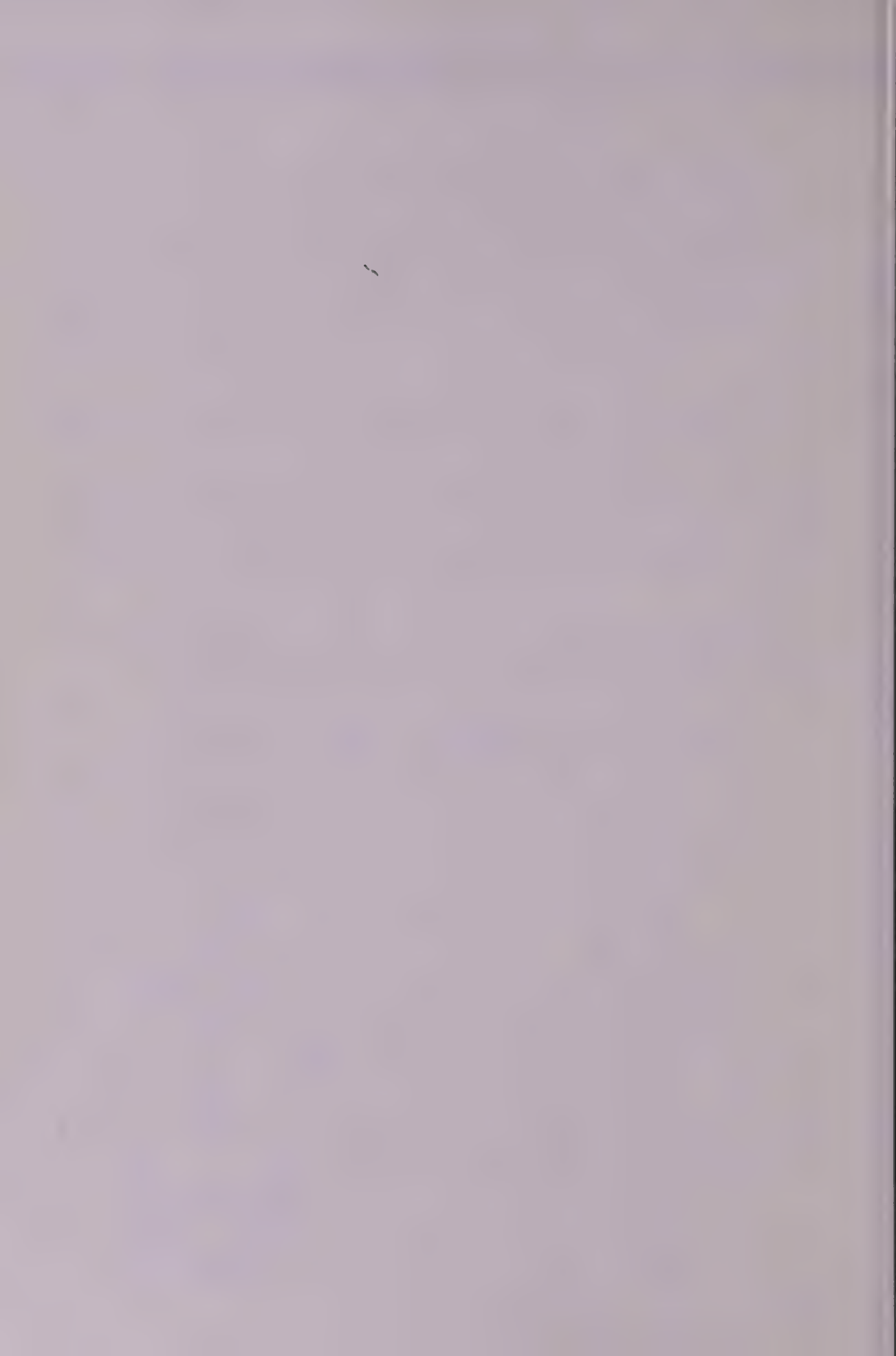
Infected people must also avoid catching any other sexually transmitted diseases as these may make them become ill with AIDS faster.

Ideally, infected people shou'd avoid sex as there is no other completely certain way to avoid spreading the infection. Certainly any sexual partner MUST be told of the infection, and condoms (e.g. 'durex', 'panther') must be used properly every time, to try to reduce the risk of spreading the infection.

If you decide to use condoms PLEASE make sure that you know how to use them properly. Read a leaflet or ask a health worker for help.

HOW IS AIDS TREATED?





There is as yet NO vaccine or medicine which will prevent or cure AIDS. When someone has AIDS they get many different infections and cancers. Some of these can be treated with ordinary medicines, giving improvement in a short time. But the HIV cannot be killed or eliminated from the body and the damage done to the immune system cannot be repaired.

Intensive research is going on in many countries to try and find a cure or vaccine, and traditional healers are also trying to treat the disease. So far there is no traditional medicine that can cure AIDS, so do not spend a lot of money hoping for a cure. Some people are also trying herbal medicines, for example 'tea treasure'. There is no evidence that any of these medicines are effective against AIDS.

PREVENTION IS BETTER THERE IS NO CURE

People who are infected do however have some control over their disease. If they avoid pregnancy, avoid sexually transmitted diseases, do not smoke or drink alcohol, eat a good diet and get plenty of rest, continue working and exercising, and get medical care quickly for any problems, they are likely to remain healthy for much longer than others who are not so lucky.

HOME NURSING

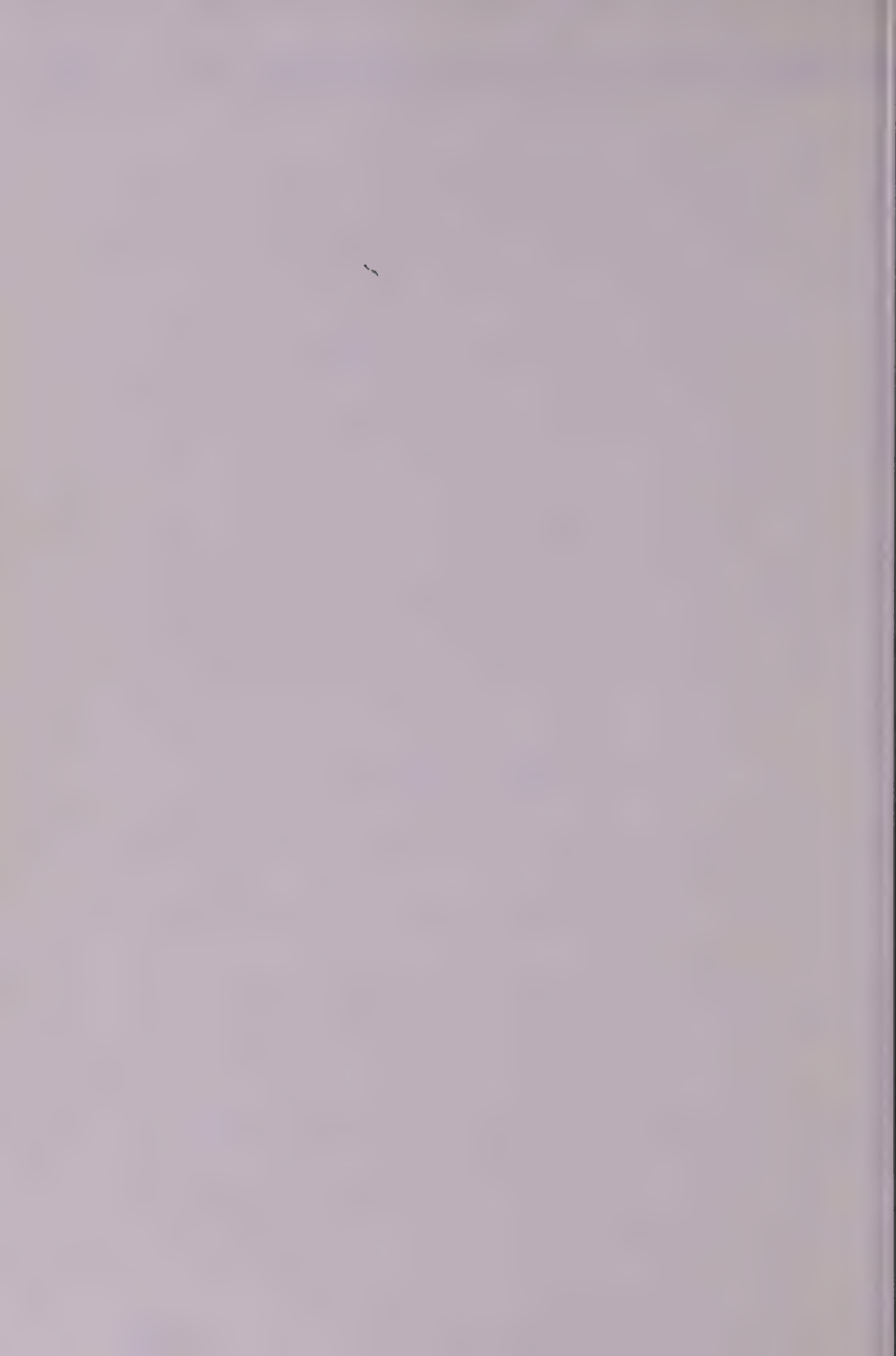
Home nursing of patients with AIDS is very important. It is safe if simple rules of hygiene are followed such as:-

- Cover cuts or sores (especially on the hands) with waterproof dressings.

- Use bleach (1 part Jik diluted with 3 parts water) to disinfect spilled blood, stool, urine or vomit, then wipe up with paper and dispose of down the toilet or latrine. The patient himself may be able to do this if he is not ill.

- Use disposable gloves or plastic bags on your hands if possible if you are touching infected body fluids. Wash the hands with soap and water straight away if there is accidental contact.

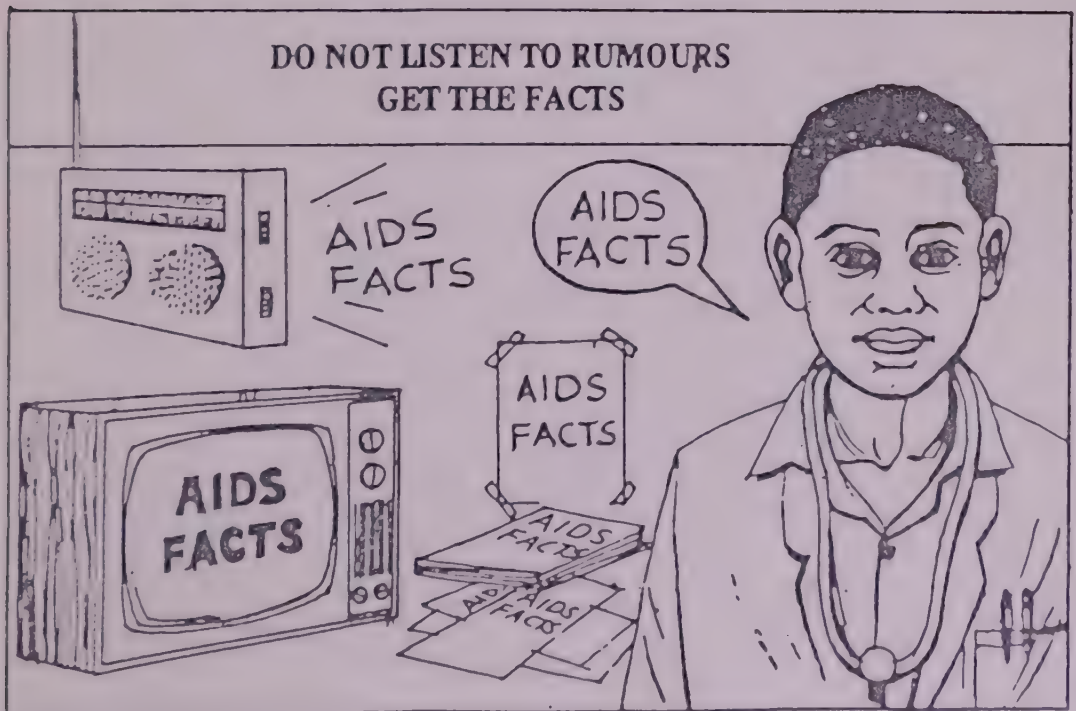
- If possible use hot water and soap to wash clothes, sheets, etc. with blood, stool or urine on them.

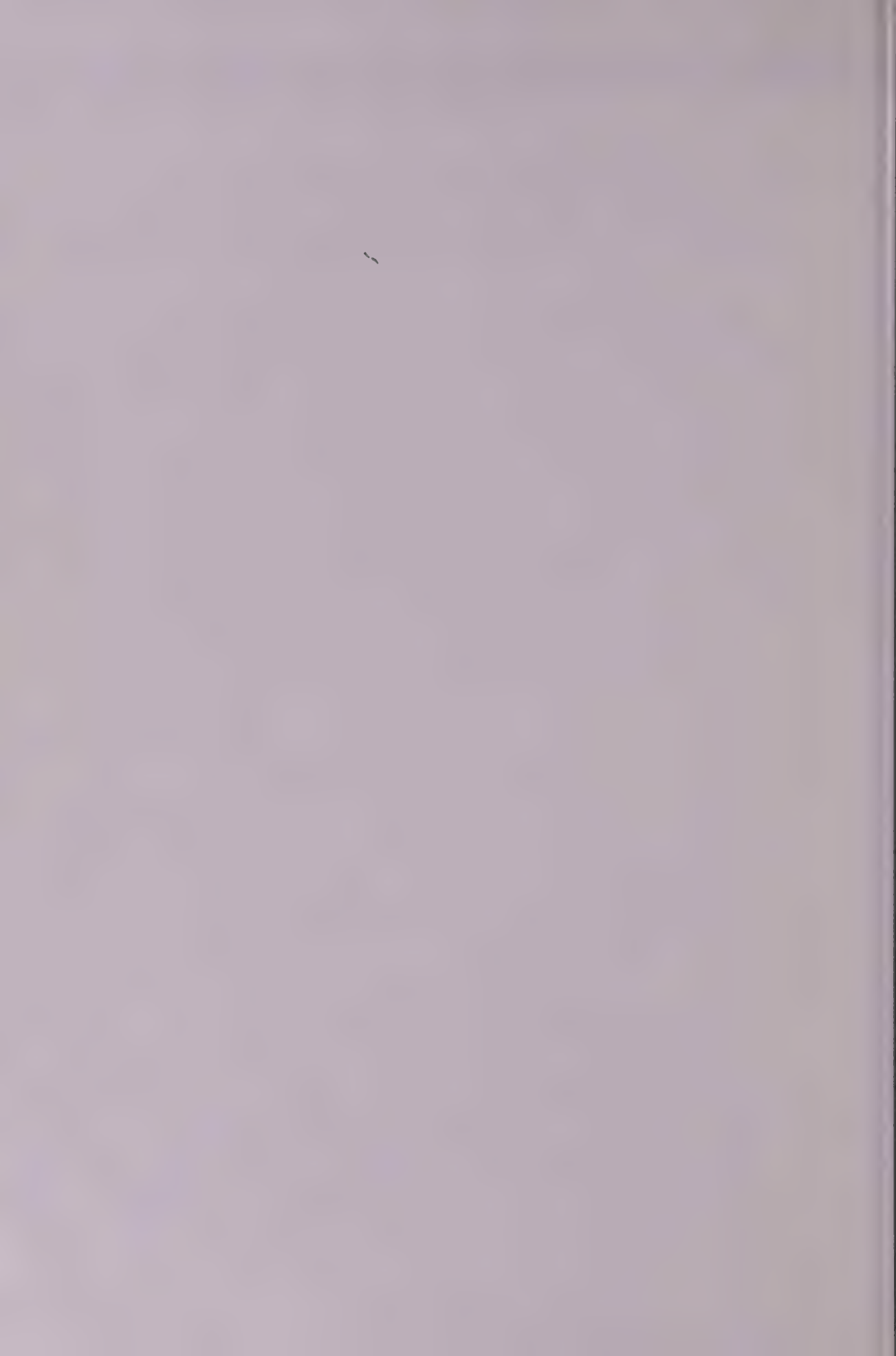


5. Do not share toothbrushes and razor blades with the patient.
6. Protect the patient from infection - give them freshly cooked food, boil their drinking water if the water is not treated, keep their room very clean and wash your hands often.

Home nursing also involves caring for the psychological (mental and emotional) needs of a person with AIDS. They need love, support and trust, explanation and information. They need to be touched - sitting and talking while holding hands, for instance, is very comforting. They need frequent visits from friends and relatives but they must not be allowed to get too tired. They need to be able to talk openly and honestly about their illness, and to express their fear and grief. They need to go out and visit others and continue to work for as long as possible, but they will probably be admitted into hospital several times for different infections or have to stay in bed at home. They need frequent small meals of freshly cooked food, plenty of fruit and vegetables and lots of clean water, juice, milk, etc. to drink.

LOOK AFTER OTHERS AS YOU WOULD LIKE THEM TO
LOOK AFTER YOU

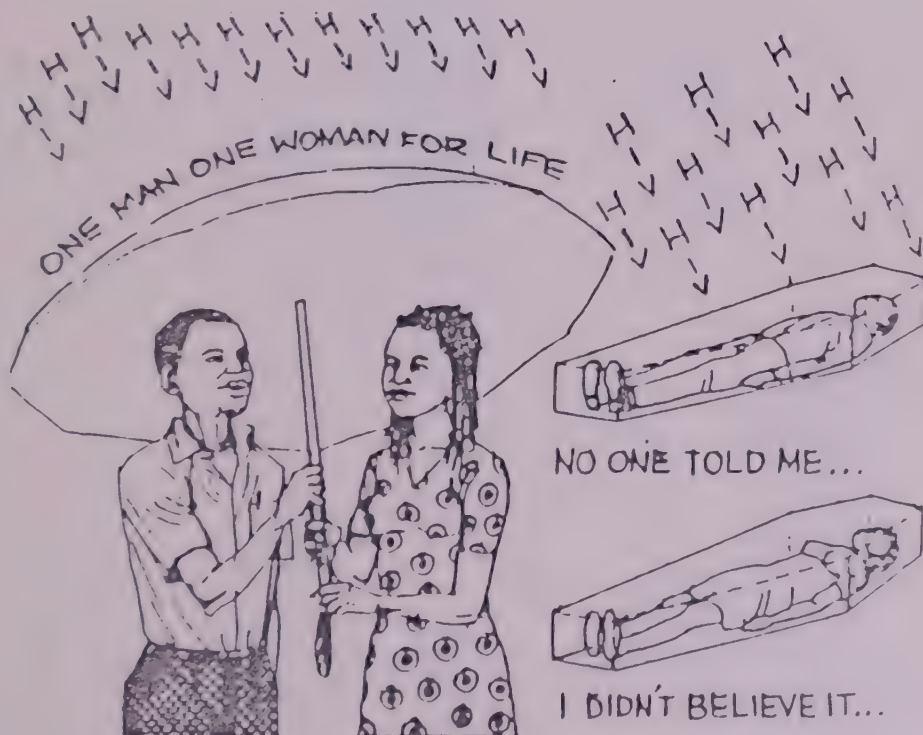




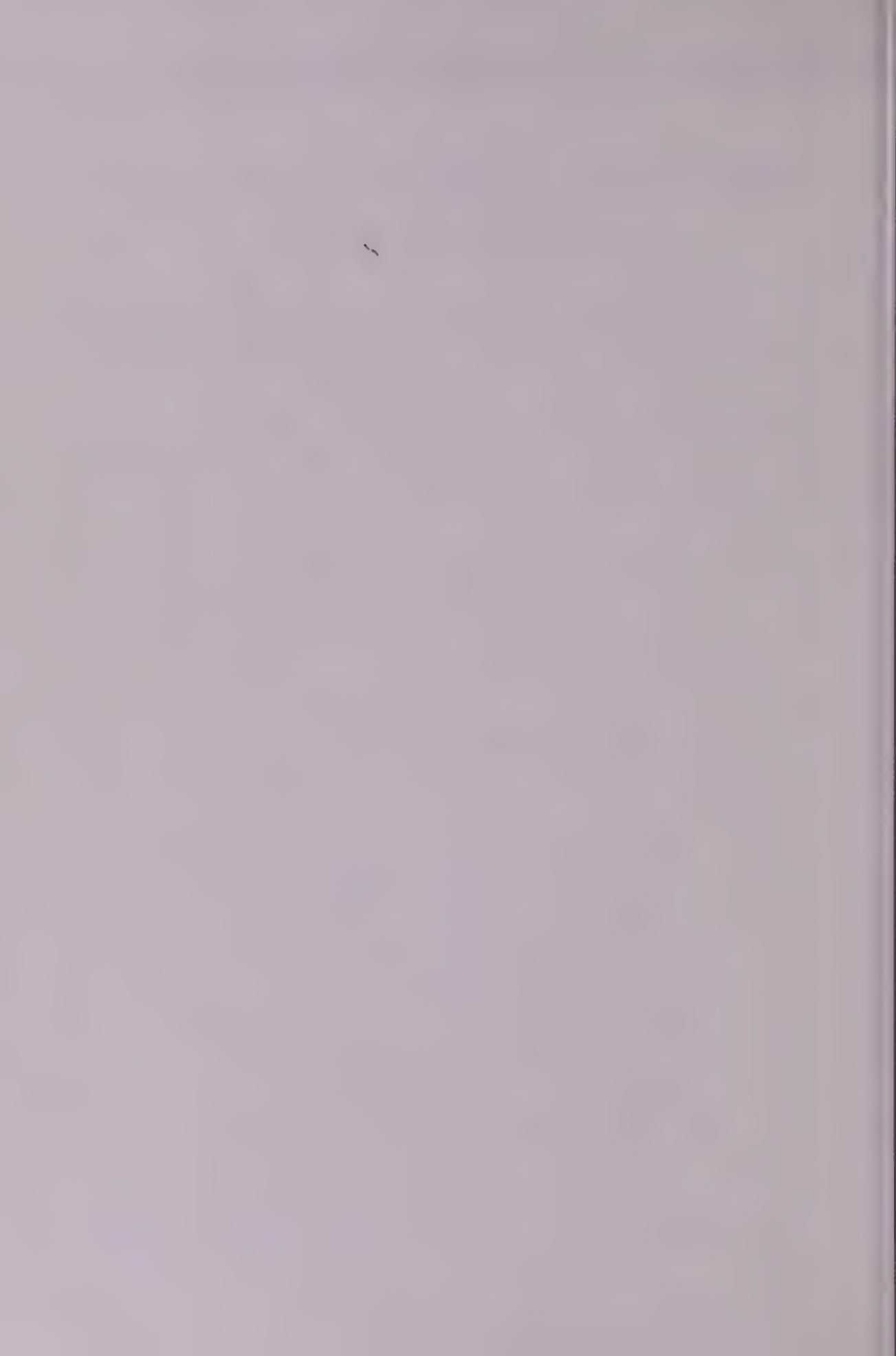
HOW CAN I PROTECT MYSELF AGAINST AIDS?

You must choose NOW whether you want to be completely safe from developing AIDS in the future, or whether you want to take a chance and risk your future family, health, job and life. This is one of the most important decisions you will ever have to make. A mistake could be fatal!

Those people who are ill with AIDS today were mostly infected with HIV in the early 80's, before we were aware of the dangers of casual sex, and before blood transfusions were tested. You are lucky - you now know the facts - think about them!

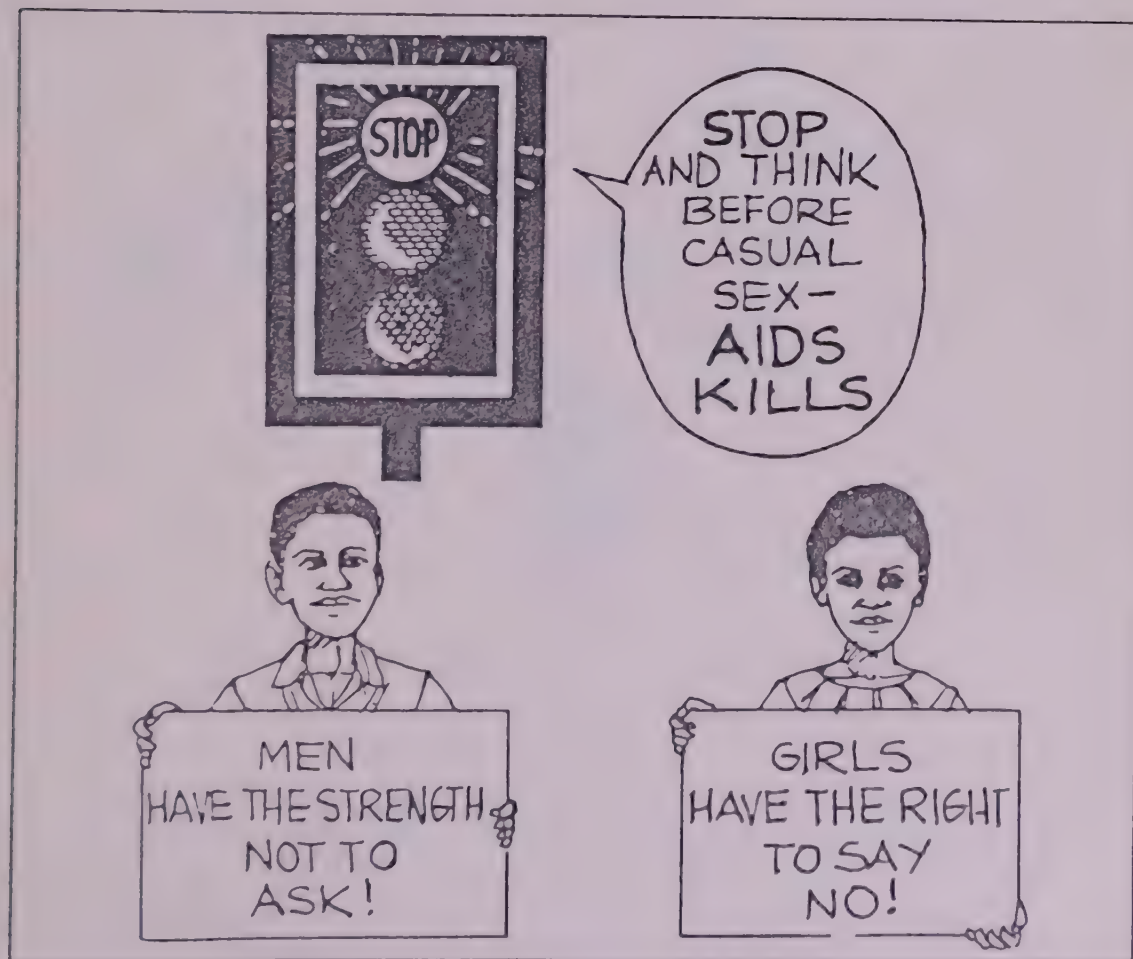


FOR ABSOLUTE SAFETY ONE MAN, ONE WOMAN, FOR LIFE



TO KEEP YOURSELF COMPLETELY SAFE.

1. Make friends with girls or men while you are young but DO NOT PLAY SEX WITH THEM. A girlfriend or boyfriend does NOT have to be a sexual partner. Casual sex is dangerous. Staying a virgin, without sex, is NOT going to make you weak, ill or infertile or lessen your sexual powers later. In fact if you play sex and get infected with a sexually transmitted disease, that might make you infertile later. Your non-sex girlfriends or boyfriends will love and respect you more, and will understand and be grateful. They too will be trying to avoid sex before marriage to avoid HIV infection.



Do not ever ask anyone to sleep with you to prove that they love you. Sex never proves love (think of the relationship between prostitutes and their clients!) Sexual feelings are a normal part of adult life; it is very important that you learn to understand and control them.

2. When you want to get engaged, try to get to know your partner very well and make sure he or she has not had any previous sexual contacts. Young men please remember - if you want to marry a virgin you should also be a virgin! Discuss everything with your partner and decide with them to stay as virgins until you are married. Remember even engagements can easily be broken and kitchen parties cancelled! The time to experiment with sex is together with your wife or husband on your honeymoon after your wedding - NOT before.



3. After marriage sleep ONLY with your wife or husband. You should also be able to trust them to sleep ONLY with you. This need not be boring! Sex between two people who love and trust each other fully can be very exciting and varied. This is the time to talk together about sex, and use your imagination. Try to avoid being apart for long periods when you are married as this can put a great strain on the relationship.

4. Make sure that if ever you need a blood transfusion you and your relatives ask for blood which is HIV tested. Also make sure that only new or sterilised needles and syringes are used on you, and never inject drugs into yourself with a dirty syringe.

IF YOU ARE ALREADY SEXUALLY ACTIVE: HOW TO REDUCE THE RISK OF AIDS

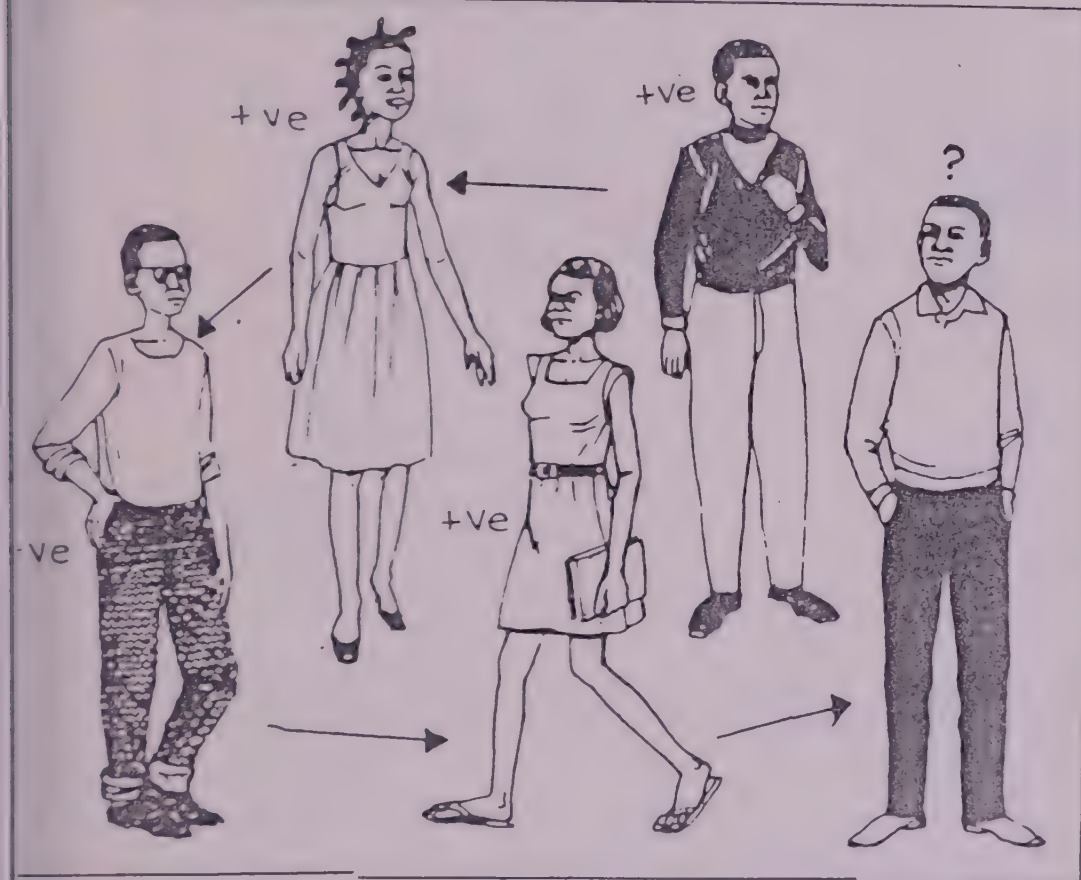
1. If you have several sexual relationships stop having multiple partners, or sleep only with your one faithful partner. Always use a new condom with a new sexual partner who may have been at risk in the past.

2. For those using condoms, there is still a risk especially if they are not used properly. Some people have become infected while using condoms just as some girls have become pregnant. The contraceptive pill gives no protection against Human Immunodeficiency Virus (HIV) or other sexually transmitted diseases (STD's) and neither do capsules or traditional medicines, or other family planning methods. However condoms if used properly do reduce the risk of catching or spreading HIV or other sexually transmitted diseases and of course reduce the risk of pregnancy.

3. NEVER sleep with prostitutes or sugar daddies, or any man or woman who has had many previous sexual partners. They are likely to be infected with HIV.



Remember, many young people who are already infected with HIV, who could infect you through sex, look very healthy and do not know that they are infected. If you have sex with someone who has had sex with another person in the past few years, you stand a chance of getting AIDS as one of their previous partners might have passed on the HIV infection.



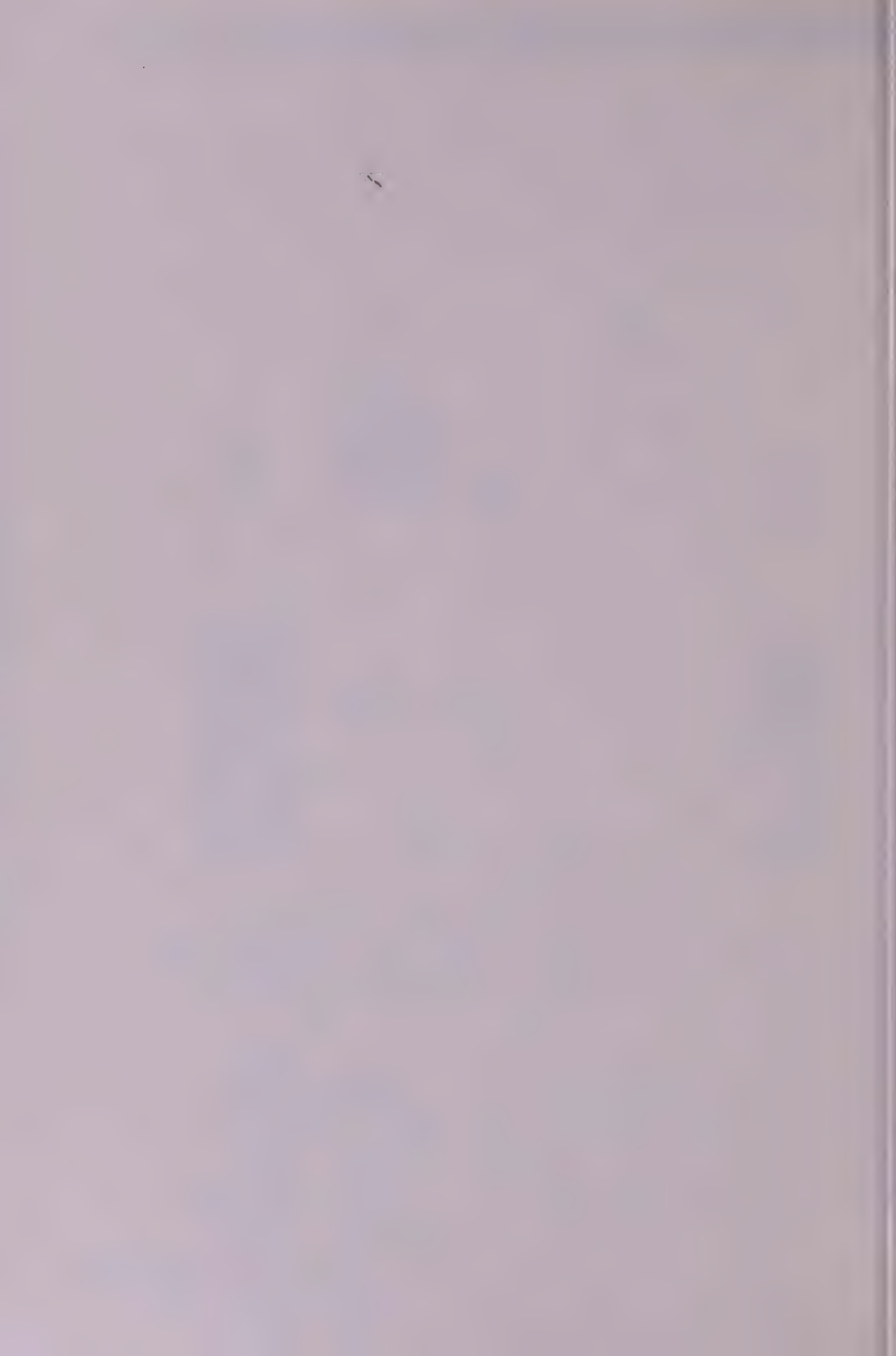
AVOID getting drunk and having sex at night-stands or casual sex with people you do not know well. This could be suicide.

If you have risked catching the HIV infection, try to get your blood tested for HIV antibodies before you marry. It is not fair to get married without making sure whether or not you are infected. If you are infected

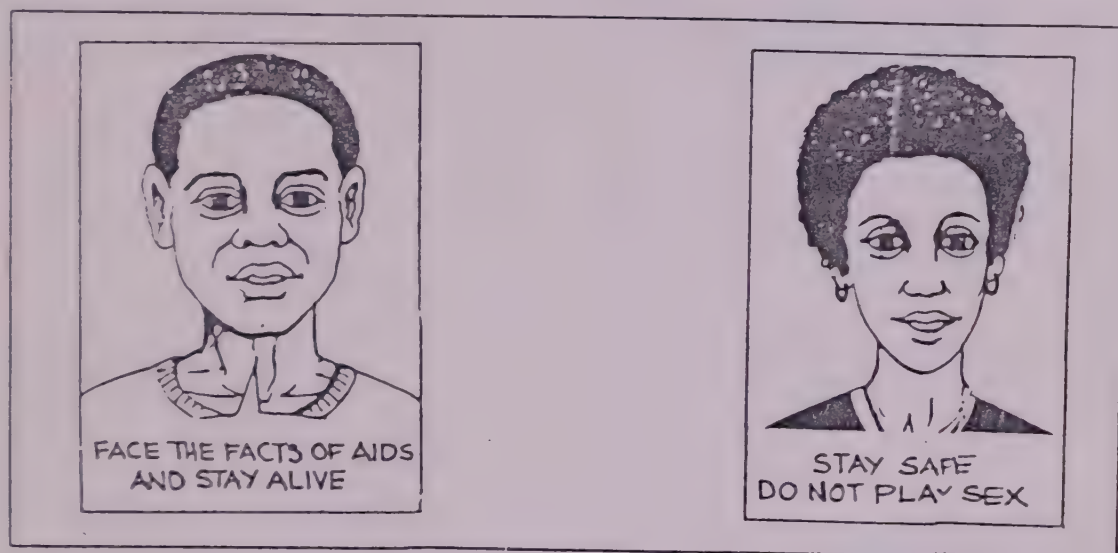
BY THE WAY DARLING
WHAT'S YOUR NAME?



02075 DIS 326
COMMUNITY HEALTH CELL
326, V Main, 1st floor
Koramangala
Phone 660034



You will have to discuss the whole problem with your partner. You should not have children and you should ideally not have sex at all; if you do have sex you should use condoms every time to reduce the risk of infecting your partner. If you develop AIDS you might die and leave your partner a sick widow or widower, childless or looking after sick children. Many infected people decide not to marry at all.



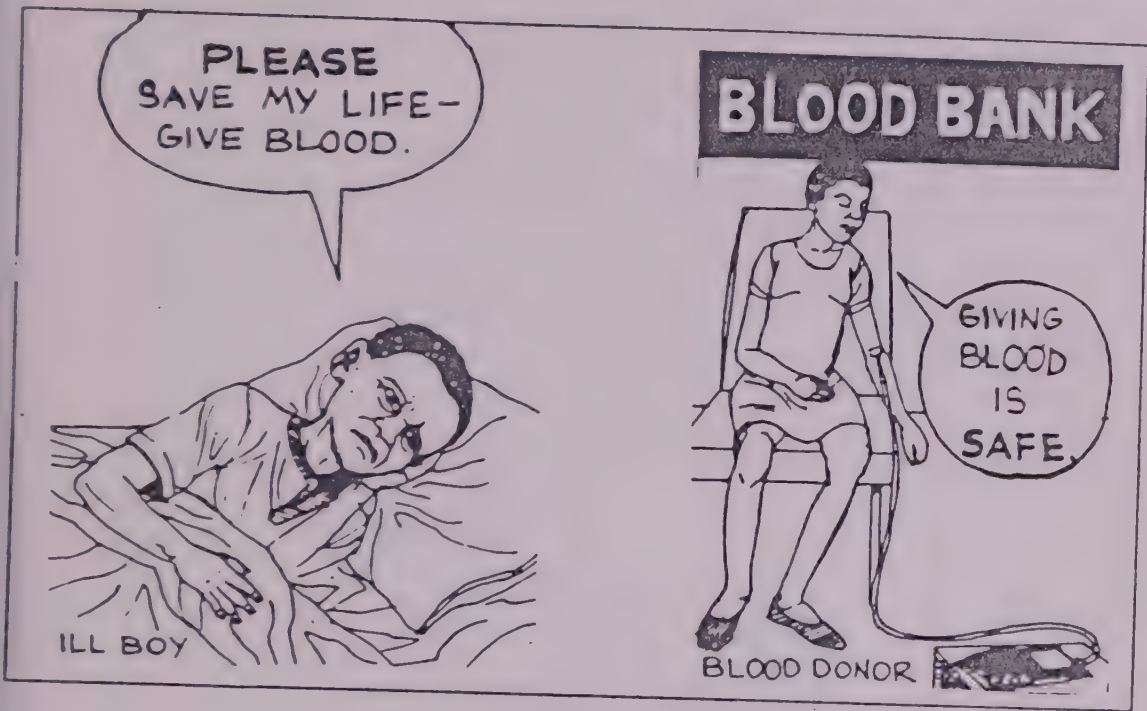
WHAT ABOUT OTHER STD'S

All these diseases are spread by sex. Most of the other STD's (syphilis, gonorrhoea, chancroid, etc.) cause early symptoms such as sores, a discharge from the private parts, or pain. They can therefore be recognised quickly and can then be treated and in most cases cured. With treatment they are not fatal. HIV infection however shows no specific early symptoms, cannot be cured and is eventually fatal if AIDS develops.

If you do catch an STD it will weaken your body and make you more likely to be infected with HIV. Also possibly if you have sores on the private parts it will be easier for the virus to enter your body. And the same person who infects you with another STD might be also infected with HIV.

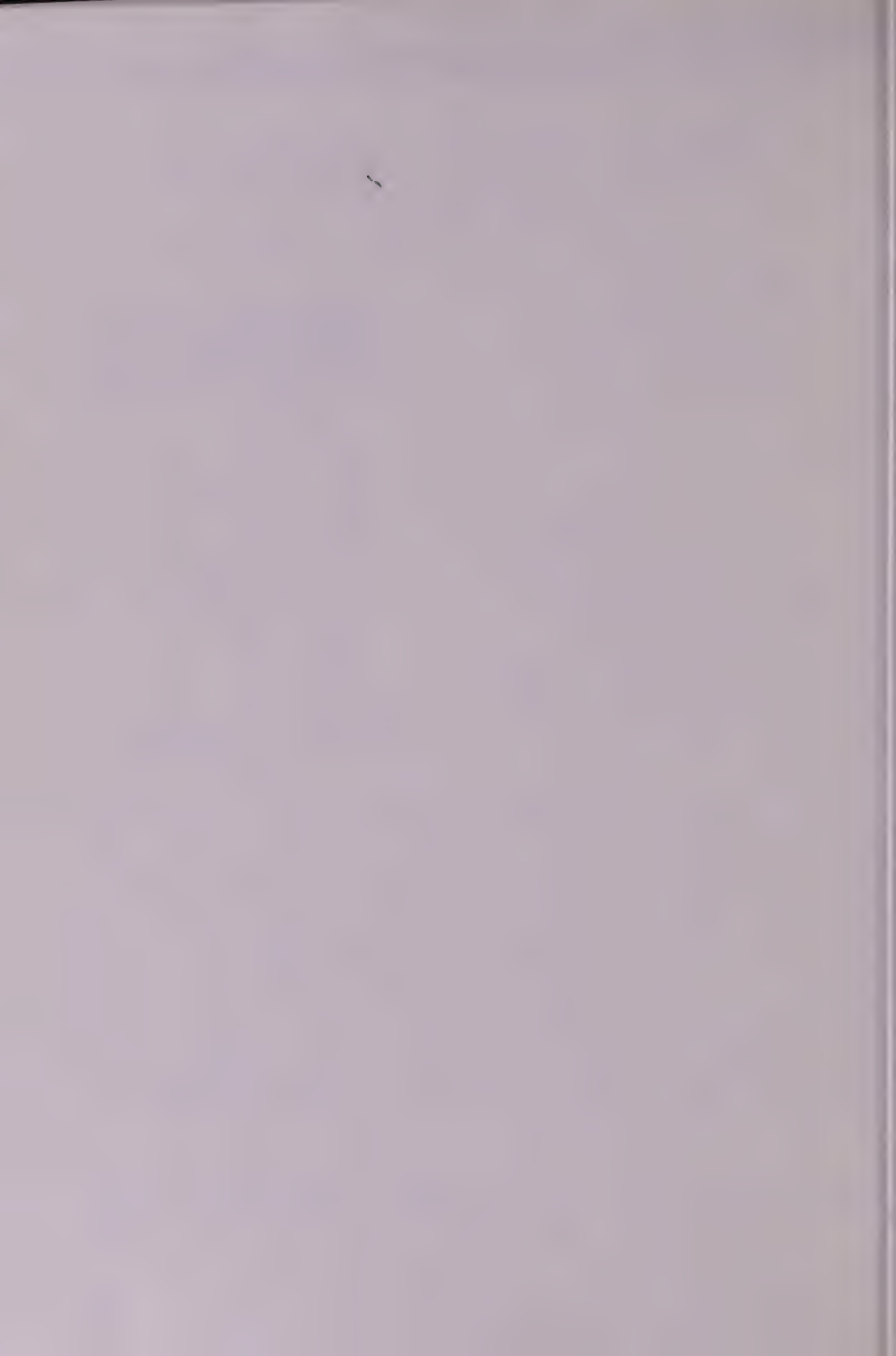
Very high rate of infection with HIV are found among men and women attending STD clinics in Zambia.

WHAT ABOUT DONATING BLOOD?



If you are not at risk of being infected with HIV, that is if you have not had casual sex or an untested blood transfusion, PLEASE GIVE BLOOD. People still have bad accidents, severe bleeding and major operations and safe blood is badly needed to save their lives. Giving blood is safe for you, you cannot be infected by donating blood - sterile needles and collecting sets are always used. If you donate blood in most hospitals in Zambia it will be tested for HIV antibodies and not used if it is found to be positive. So far people who are found to be HIV positive on donating blood have not always been told their result but soon people found to be positive may be told. It is particularly important NOT to give blood if you might have been infected recently, say within the last 6 months, as recent infections may not be detected on HIV antibody screening (testing).

GIVE BLOOD - GIVE LIFE - NOT DEATH



WHAT HAPPENS TO BABIES BORN TO INFECTED MOTHERS?

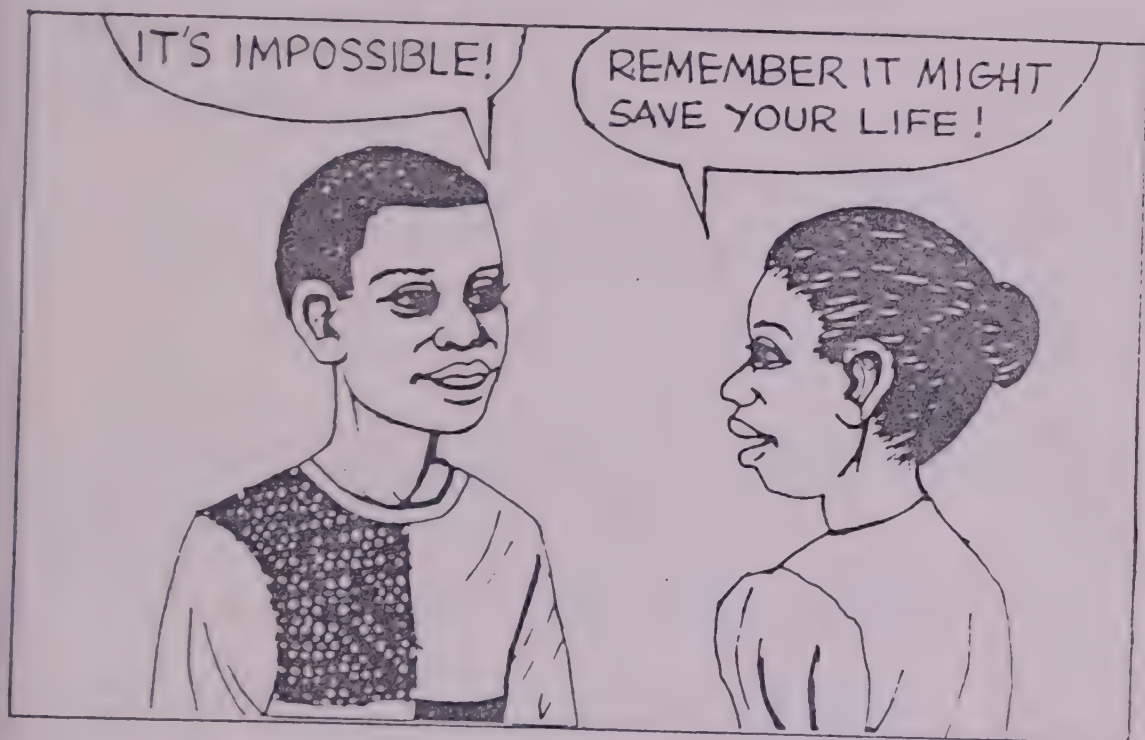
Up to half of these babies are born already infected. Doctors cannot know for sure if they are infected until they are 18 months old as before that the blood test gives unreliable results. In young babies, AIDS is diagnosed clinically, that is by the signs and symptoms. Babies who are infected with HIV tend not to grow well, they get many minor infections and later more serious infections, and often they die before their second birthday. Their mothers will be advised never to have another child, partly because of the risk of having another infected baby. Even if a mother is found to be positive on HIV testing she should continue to breast feed her baby. Babies who are not breast fed are far more likely to die of other diseases.



WHAT ARE MY CHANCES OF GETTING INFECTED ?

Your 'chance' of getting infected depends on your decisions about your future behaviour. In some ways, AIDS is like a raffle or lottery. You only

need to buy one ticket to win the prize, and you only need HIV to get into your body once to get AIDS- maybe years later. The more tickets you buy the greater your chance of winning the prize, the more sexual partners you have the greater your chance of getting infected. But with both AIDS and a raffle, once could be enough. For safety, no sex before marriage!



HOW CAN I HELP PREVENT AIDS?

The first and most important thing is to control your own behaviour and decide NEVER to have casual sex, so that you yourself are not at risk from the disease.

You could also talk to your friends and relatives about the new disease. Why not try to start an Anti-AIDS Club? Club members must all promise to try to avoid HIV infection themselves, to tell others about AIDS and to help those ill with AIDS. All Anti-AIDS Clubs should be registered with the Anti-AIDS Project which provides help and guidance on starting a club and AIDS educational materials. You could design posters, write stories, plays

and poems, compose songs, exchange ideas with similar clubs and maybe arrange meetings with visiting speakers. Contact the Health Education Unit and the local Red Cross branch for further help, and also your local hospital and District AIDS surveillance committee who may be able to suggest speakers for your club. Many clubs have started all over Zambia and are helping to prevent the spread of HIV and AIDS, and care for AIDS patients.

Useful addresses:-

HEALTH EDUCATION UNIT, MINISTRY OF HEALTH
P.O. BOX 30205 LUSAKA, ZAMBIA
ANTI-AIDS PROJECT, P/BAG RW 75X,
LUSAKA, ZAMBIA

***I MIGHT ALREADY BE INFECTED WITH
HIV WITHOUT KNOWING IT:***

WHAT SHOULD I DO?

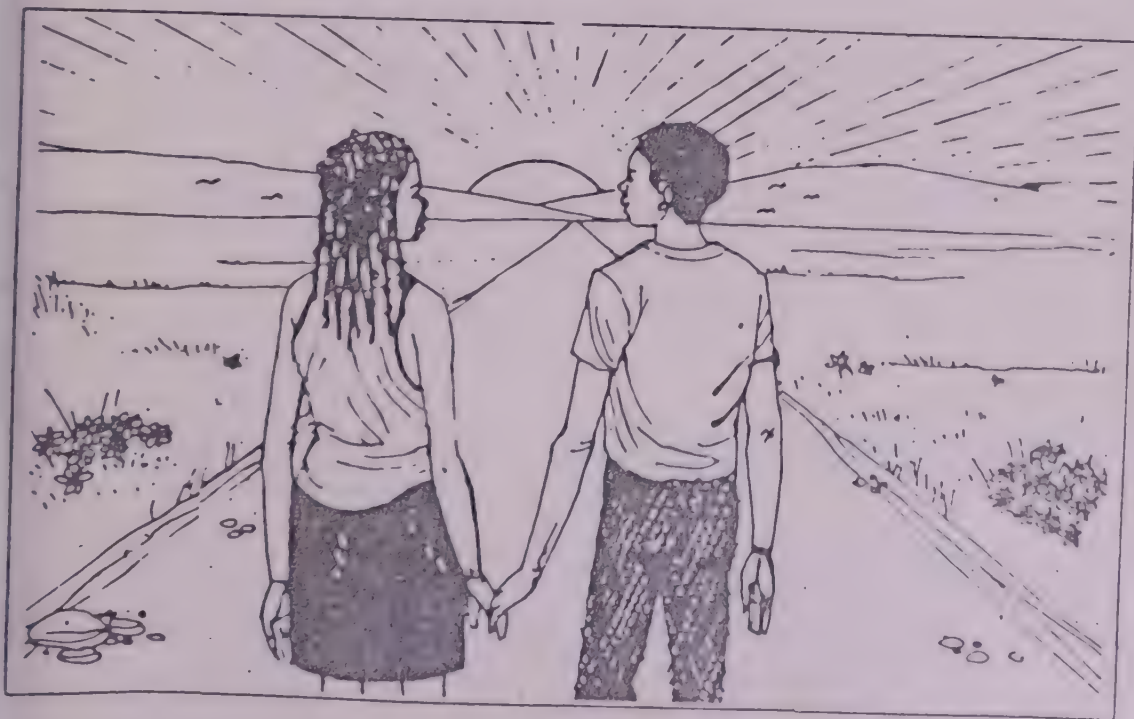
Go and see a doctor, health worker or counsellor and explain your worries, and ask if a blood test should be done. In the meantime **STOP SLEEPING WITH ANYONE AND DO NOT DONATE BLOOD.** Do not panic.



The doctors and health workers in Zambia all know about AIDS and are ready to help you. The tests are done in many hospitals throughout the country so there should be one fairly near you. However these centres were set up mainly to test blood for donation. Please remember, a positive blood test does not mean you have got AIDS. It means you have been infected with the HIV, you could infect other people by sex, and you may develop the disease AIDS in the future. In the meantime do not give up hope: a cure might be found. Remember, some infected people remain well for many years. A negative blood test could mean that you are not infected, or that you are infected but have not yet developed antibodies to HIV. In either case, you should continue to protect yourself and others by avoiding sex before marriage or outside marriage.

A FINAL WORD

Thousands of people in Zambia are already infected with HIV and many have already died of AIDS. Worldwide at least 5-10 million are infected and over 300,000 are ill. They are people infected by their sexual partners, or by untested blood transfusions or shared needles and syringes, or babies born already infected. They all need our compassion, help, support and understanding, NOT social isolation or blame,



ARE YOU AT RISK OF AIDS?

A PERSONAL TEST FOR SINGLES

Please answer each question honestly and in private

- | | |
|--|--------|
| | No/Yes |
| 1. Have you ever had sex with anyone ? | No/Yes |
| 2. Have you ever had sex with a prostitute or sugar daddy? | No/Yes |
| 3. Have you had more than one sexual partner? | No/Yes |
| 4. Have you ever had sex with anyone who has already had another sexual partner? | No/Yes |
| 5. Have you ever been pregnant or caught a Sexually Transmitted Disease (STD)? | No/Yes |
| 6. Do you intend to stay a virgin until you get married? | No/Yes |
| 7. Do you intend to marry a virgin ? | No/Yes |
| 8. After marriage do you intend to sleep only with your husband or wife? | No/Yes |
| 9 Will you expect your husband or wife to sleep only with you? | No/Yes |
| 10. Do you ever inject drugs into yourself with a dirty syringe? | No/Yes |

Work out your score using the score sheet on the back page.

SCORE

0 - You are not at risk of getting infected with HIV through sex. Keep it up. Teach your friends how to keep themselves safe too.

10-100 - You could be at risk of HIV infection and later AIDS; the higher your score, the greater your risk. Re-read the booklet and think about your life. If you care about your future, change your behavior before it is too late, and warn your friends about the danger of AIDS.

ARE YOU AT RISK OF AIDS ?

A PERSONAL TEST FOR THOSE ALREADY MARRIED

Please answer each question honestly and in private.

- | | |
|--|--------|
| 1. Have you ever had sex outside marriage? | No/Yes |
| 2. Have you ever had sex with a prostitute or sugar daddy? | No/Yes |
| 3. Have you had more than one sexual partner? | No/Yes |
| 4. Have you ever had sex with anyone who has already had another sexual partner? | No/Yes |
| 5. Have you ever been pregant, or made someone pregnant, outside marriage? Have you ever caught an STD (Sexually Transmitted Disease)? | No/Yes |
| 6. Were you a virgin when you married? | No/Yes |
| 7. Was your partner a virgin when you married? | No/Yes |
| 8. Do you intend to remain faithful to your partner? | No/Yes |
| 9. Do you expect your partner to remain faithful to you? | No/Yes |
| 10. Do you ever inject drugs into yourself with a dirty syringe? | No/Yes |

Work out your score using the score sheet on the back page.

SCORE

0 - You are not at risk of getting infected with HIV through sex. Keep it up. Teach your friends how to keep themselves safe too.

10-100 - You could be at risk of HIV infection and later AIDS; the higher your score, the greater your risk. Re-read the booklet and think about your behaviour. If you care about your future, change your behaviour before it is too late, and warn your friends about the danger of AIDS.

HOW MUCH DO YOU KNOW ABOUT AIDS ?

(Test on Page 5)

ANSWERS

1. Acquired Immune Deficiency Syndrome
2. True
3. False
4. True
5. True
6. True
7. False
8. True
9. False
10. True

ARE YOU AT RISK OF AIDS SCORE SHEET (Test on Page 28 or 29)

	NO	YES
1.	0	10
2.	0	10
3.	0	10
4.	0	10
5.	0	10
6.	10	0
7.	10	0
8.	10	0
9.	10	0
10.	0	10

HOW MUCH DO YOU KNOW ABOUT AIDS? (First of Page 1)

NAME _____

1. True or False?
AIDS is a disease.
AIDS is a virus.
AIDS is a bacteria.
AIDS is a fungus.
AIDS is a parasite.
AIDS is a protozoan.
AIDS is a virus.
AIDS is a bacteria.
AIDS is a fungus.
AIDS is a parasite.
AIDS is a protozoan.

ARE YOU AT RISK OF AIDS? (First of Page 2)

1. True or False?
AIDS is a disease.
AIDS is a virus.
AIDS is a bacteria.
AIDS is a fungus.
AIDS is a parasite.
AIDS is a protozoan.
AIDS is a virus.
AIDS is a bacteria.
AIDS is a fungus.
AIDS is a parasite.
AIDS is a protozoan.

